State of New Jersey
DEPARTMENT OF EDUCATION

HEALTH HISTORY UPDATE QUESTIONNAIRE

Name of School ________________________________

To participate on a school-sponsored interscholastic or intramural athletic team or squad, each student whose physical examination was completed more than 90 days prior to the first day of official practice shall provide a health history update questionnaire completed and signed by the student’s parent or guardian.

Student ________________________________ Age ______ Grade ______

Date of Last Physical Examination ___________________________ Sport ______

Since the last pre-participation physical examination, has your son/daughter:

1. Been medically advised not to participate in a sport? Yes____No____
   If yes, describe in detail ___________________________________________

2. Sustained a concussion, been unconscious or lost memory from a blow to the head? Yes____No____
   If yes, explain in detail ___________________________________________

3. Broken a bone or sprained/strained/dislocated any muscle or joints? Yes____No____
   If yes, describe in detail ___________________________________________

4. Fainted or “blacked out?” Yes____No____
   If yes, was this during or immediately after exercise?_______________

5. Experienced chest pains, shortness of breath or “racing heart?” Yes____No____
   If yes, explain __________________________________________________

6. Has there been a recent history of fatigue and unusual tiredness? Yes____ No____
7. Been hospitalized or had to go to the emergency room? Yes____ No____
   If yes, explain in detail ___________________________________________

8. Since the last physical examination, has there been a sudden death in the family or has any member of the family under age 50 had a heart attack or “heart trouble?” Yes____ No____
9. Started or stopped taking any over-the-counter or prescribed medications? Yes____ No____
   If yes, name of medication(s) _______________________________________

Date: ________________________________ Signature of parent/guardian ________________________________